

SECOND GROUP OF CET GRADUATES CELEBRATE IMPROVEMENTS AT SOUTH BAY MENTAL HEALTH

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Fourteen LACDMH clients graduated from a pilot program of Cognitive Enhancement Therapy (CET), a treatment designed to improve cognitive and social functioning in those diagnosed with mental illnesses, such as schizophrenia. The celebration was held at South Bay Mental Health Center (SBMHC) after 12 months of training that included the use of individual computer exercises and attendance in social cognition groups. The fourteen were the second group to graduate in the LACDMH sponsored program within the past week; six additional clients graduated from the program at Arcadia Mental Health on August 20, 2013.



The room was packed with staff, friends and family members of the graduates, as each stood to speak about what they had learned and how the treatment had helped them in many areas, including: memory, decision making, problem solving, building alliances, nutrition, social skills, and getting to the “gist,” to name a few.



One graduate, who had not been able to leave his home prior to the training, recited a poem for the audience. Another, who had resided in an IMD shortly before the training, was socializing with family and friends, able to make plans for a more positive future. Others shared specific goals to go to school, volunteer and work.



All trainers gave the graduates feedback as to the improvements made and were acknowledged by Sharon Shumaker, the program coordinator visiting from the Center for Cognition and Recovery in Cleveland, where the treatment originated.